SCHOOL SPORT ALBERTA

TECHNICAL PACKAGE / HOST INFORMATION



2026 CROSS COUNTRY PROVINCIAL CHAMPIONSHIP

OCTOBER 17, 2026

RUNDLE PARK - EDMONTON, AB

SET THE BAR

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1. TECHNICAL PACKAGE

A. PROVINCIAL CHAMPIONSHIP OVERVIEW: CROSS COUNTRY

DATE	Saturday, October 17, 2026
VENUE	Rundle Park
EVENT DIRECTOR	Michelle Ross michelle@metroathletics.ca
RACE DIRECTOR	Travis Patten tpatten@parklandimmanuel.ca
SSA HOST / LEAD	Metro Edmonton High School Athletics
SSA CONTACT	Deryk Venance deryk@schoolsportalberta.ca

COURSE DESCRIPTION AND COURSE MAP(S):

The course is located in Rundle Park on the east side of Edmonton. The course mainly runs on the green space that the Rundle Park Disc Golf Course resides. It includes a 2 km loop, a 3 km extension loop, and a wide open field for the start / finish area. The course terrain lays on grass and hills, with no paved pathways included. With multiple elevation changes and switchbacks included, it makes for a great challenge for all athletes.

Races will be run based on the following compositions:

- **2 km (2 km × 1)**
- **4 km (2 km × 2)**
- **5 km (3 km + 2 km)**
- **6 km (3 km × 2)**

There are multiple switchbacks and turnaround areas on the course, which will be marshalled to ensure proper completion of the race. There will also be a vehicle/bike following the race to ensure racers don't travel off course.

Course Maps

- Please Note: These are tentative maps. The routes for the race will be finalized and updated in the weeks leading up to the championship

2km Loop - Red Colour
3km Loop (2km Loop + 1 km Extension) - Red + Yellow

TEAM TENTS

Venue Map

Please see the Venue Map above for the area designated for team / school tents.
Tents **MUST** be weighted down.
NOTE: *Team Tents cannot be set up Friday; please set them up Saturday morning. This is a public park and there will be no security overnight.*

SPORT SPECIFIC RULES

- Coaches meeting will take place via Zoom at 7:00pm on Tuesday, October 13th.
- The meet shall be run in accordance with the cross country rules as published by World Athletics.
- Athletes will not be permitted to wear and/or use any form of audio devices while competing.
- Athletes may not receive any physical aid from anyone not participating in the event.
- Spectators must always remain behind the barrier / ropes around the course
    - If there is a necessity to cross it must be done at one of the manned gates.

B. COACHES MEETING

- Coaches meeting will take place via Zoom at 7:00pm on Tuesday, October 13th.
- **Mandatory** for all zone coaches to attend. All school coaches are welcome to attend.
- Please use this link to see the meeting recording.
  https://drive.google.com/file/d/1QUd5cvY8FkoiPK-n4CsEUud9CcY24yT1/view?usp=drive_link
- Please use this link to see the meeting agenda:
- https://drive.google.com/file/d/1iK6th3oqKUDNGDU4ot9s4QFEpmaC6spH/view?usp=sharing

C. SCHEDULE / OPENING CEREMONIES / RACE CHUTE ASSIGNMENTS

Friday, October 16

4:00pm - 7:00pm	Walk through at Rundle Park Registration / Bib Pick Up + Apparel Sales @ Rundle Park

Saturday, October 17

9:00am - 3:30pm	Registration / Bib Pick Up + Apparel Sales @ Rundle Park
9:30 am - 10:15am	Course Walk Through
10:30am - 10:45am	Opening Ceremonies / Course Closed
11:00am	Junior Girls - 4km (2 x 2km loop)
11:30am	Junior Boys - 4km (2 x 2km loop)
12:00pm	Para Race - 2km (1 x 2km loop)

12:30pm	Intermediate Girls - 5km (3km extension + 2km loop)
1:15pm	Intermediate Boys - 5km (3km extension + 2km loop)
2:00pm	Senior Girls - 6km (2 x 3km extension)
2:45pm	Senior Boys - 6km (2 x 3km extension)
3:30pm	Team Awards

RACE CHUTE ASSIGNMENTS

Chute	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Junior Girls - 4km	NW	CEN	NC	NE	SC	EDM	S	CGY
Junior Boys - 4km	CGY	NW	CEN	NC	NE	SC	EDM	S
Para Race - 2km	S	CGY	NW	CEN	NC	NE	SC	EDM
Intermediate Girls - 5km	EDM	S	CGY	NW	CEN	NC	NE	SC
Intermediate Boys - 5km	SC	EDM	S	CGY	NW	CEN	NC	NE
Senior Girls - 6km	NE	SC	EDM	S	CGY	NW	CEN	NC
Senior Boys - 6km	NC	NE	SC	EDM	S	CGY	NW	CEN

Edmonton (EDM) Calgary (CGY) Central (CEN) North Central (NC) North East (NE)
North West (NW) South (S) South Central (SC)

D. ZONE REPRESENTATION / ELIGIBILITY

- There shall be three race classifications for both boys and girls:
- Junior - Under 16 before September 1, 2026
- Intermediate - Under 17 before September 1, 2026
- Senior - Under 19 before September 1, 2026

NOTE: Students with a birthday on September 1 of that school year must compete in the higher category.

- A zone may enter a team of up to 18 members for each of the six events - not including Para racers
- All athlete substitutions must be submitted to the provincial host by 4:00 pm on the Wednesday prior to provincials. No additions or changes may be made after this date.

- All registrations must be submitted by the Zone Manager (or their designate) only.

E. EVENTS

- The race distances shall be as follows:
- Junior 4000 metres
- Intermediate 5000 metres
- Senior 6000 metres
- Para Ambulatory Open* 2000 metres
  * All genders (trial distance)

F. SCORING / TIE BREAKING

- All competitors will score points on the following criteria: First place will receive 144 points and each competitor after that will get a fraction of 144 based upon the number of competitors in the event. It is based upon the following formula:

POINTS = 144 – [(Athlete Placing – 1)(144/total racers)]

For Example:

- Runner A: 8th out of 128
  - 144 – [7 * (144/128)]
  - = 144 – [7 * 1.13]
  - = 144 – 7.91
  - = 136.09 points

- Runner B: 4th out of 117
  - 144 – [3* (144/117)]
  - = 144 – [3 *1.23]
  - = 144 – 3.69
  - = 140.31 points

- A separate scoring system will be developed by the SSA Commissioner and approved by the SSA Executive Director, to take into account the number of competitors in the para category.

- School team champions will be determined in each classification
- The championship trophies and banners will be awarded to the top school in each classification accumulating the highest number of points regardless of the number of competitors entered
- In case of a tie for school placing, the championship banner will be awarded to both schools

G. REGISTRATION & EVENT ENTRIES

Entry and Eligibility Forms

- All athlete registrations will be submitted by the Zone Managers **ONLY**
- Zone Managers will be contacted in regard to the registration procedures
- Each Zone is allowed to send 18 runners for each category (Jr. Girls, Jr. Boys, Int Girls, etc.) and all entries must be submitted before **Wednesday, October 14th at 4:00 pm**.
  (NOTE: Schools DO NOT submit their own athletes to the host)
- Para Athletes: Please have the Zone Manager register the athletes on the para sheet of the Zone Registration form

Accuracy of Registration

- It is each Zone/School's responsibility to ensure their athletes are properly registered on the SRS
- Zone Coaches / Zone Managers / School Coaches (AD's) are urged to double check their registration sheets for the race categories to ensure the athletes' information is accurate (spelling of the name, race category, and school classification: 1A, 2A, 3A, 4A, 5A. Entries should be available by the morning of Thursday, October 15th prior to the meet.

Add / Scratch

- There will be no changes to the Zone registrations after **Wednesday, October 14th at 4:00 pm.**
- Any athlete who scratches after Wednesday, October 14th at 4:00pm will not be replaced and the athletes/school/zone is still responsible for the entry fee of the scratched athlete.

Zone Fees

- Zones will be required to enter the number of athletes attending on the registration spreadsheet online. The entry fee is **$31.00 per athlete** (this will include the SSA Loonie Fee and a bag lunch)
- **Metro Athletics will invoice Zone Managers** following the conclusion of the event.

Athlete/School Bib Pick-Up:

- Coaches can pick up their school packages on Friday/Saturday in the Main Hall of the ACT Aquatic & Recreation Centre. School packages will be organized by zone and then by school.

No-Show Fee

- For any athlete who is registered to compete, any for whom the SSA does not receive a formal scratch from the Zone for the athlete by Saturday at 9:00, the athlete's school will be charged a $50 no-show fee in addition to the entry fee.

H. RESULTS & AWARDS

Results

- This race will be "chip timed". Chips are physical bracelets that will be assigned to your athlete's bib number. All chips must be worn on the athlete's ankle and all **chips MUST BE RETURNED** after the race. There will be a desk at the finish line to collect bracelets. If the bracelet is not collected at the finish line, it can be returned to the registration area.
- There will be 4 timing/check points throughout the race that the chips will be recorded and will provide live results as the athletes are running. This will also ensure that each athlete runs the correct and full race. Chips must be worn for the duration of the race.
- It is important that coaches tell their athletes that there will be some strategy to the finish line due to the chips being worn on the ankle, runners will be recorded at the finish line by the point of entry of the chip.

- Results will be live. Links for parents/spectators/coaches will be on the host website.
- Individual race results and classification school point totals will be posted throughout the day. Final results can be accessed by going to the Cross Country Host website. Teams are asked to verify results and report any issues to officials.
- Zone4 Timing will be in charge of timing the event

Awards

- Immediately after each race the top 3 finishers will be presented with the SSA medals and places 4 through 10 will receive a place ribbon
- Photos will be taken of the top 10 finishers of each race and individual photos of each race winner
- Following the competition, the top 1A, 2A, 3A, 4A and 5A school teams will be presented with a SSA Provincial banner and plaque. Teams placing 2nd and 3rd will receive a small keeper plaque. These presentations will be made as soon as possible after the competition of the final race of the day

I. GRIEVANCES & DISCIPLINE

- A Grievance Committee will be coordinated by the SSA Cross Country Commissioner and SSA Office during the Coaches Meeting.
- Three head zone coaches will be asked to volunteer for this committee, with alternatives chosen in the event of a conflict of interest. The Commissioner will chair this committee and will not vote.
- It is rare that grievances are lodged at SSA Cross Country Provincials and typically they surround athlete disqualifications, or athletes taking the incorrect path.
- If an athlete fails to show up on time for their registered event, they will not be permitted to run a race in a different designated age category.

J. COMPETITION UNIFORM

- Athletes will wear clothing that indicates the school they represent. They are not permitted to wear club uniforms for the championship.

K. EQUIPMENT

- Athletes will not be permitted to wear and/or use any form of audio devices while competing.
- Please be advised that drones of any kind will not be permitted for use at the venue. Anyone in violation of this rule will be asked to take down their drone and/or requested to leave.
- Athletes will not be permitted to wear any form of smart glasses while competing.

2. HOST INFORMATION

A. VENUE INFORMATION

VENUE	Rundle Park, Edmonton, AB

- The Registration area will be in the ACT Aquatic & Recreation Centre in the Main Hall
- There are washroom facilities available inside the ACT Aquatic & Recreation Centre and in the Family Centre for athletes & spectators to use.
- Please see the attached **Venue Map** for parking and school tents.

B. ACCOMMODATIONS

SSA Partner Hotels

- Please note: There are also other hotels in the area available to book rooms in.

Option #1	Sandman Signature - Sherwood Park	901 Pembina Rd, Sherwood Park, AB T8H 0Y7 Phone: (780) 467-7263 https://www.sandmanhotels.com/signature-sherwood-park 30 rooms total 2 Queens $159 + taxes Group name: **SSA Cross Country**

C. FOOD & BEVERAGE

ATHLETES, COACHES AND SPECTATORS:

- Competitors will use their race bib numbers as food vouchers to collect their bag lunch. Lunch is included in their registration fee. Lunch can be collected in the CPK (**California Pizza Kitchen**) tent or inside the ACT Centre Main Hall, depending on the weather.
- CPK will have $5 Mac & Cheese for sale for all coaches and spectators.
- ACT has a concession in the main building that will also be available for food.
- There will also be two food trucks onsite for spectators and coaches to purchase food.
  Coast Lunchbox
  Mugshot Coffee

D. PARKING / TRANSPORTATION

PARKING INSTRUCTIONS

- There are numerous parking lots in Rundle park for spectators to use. Please refer to the map attached **HERE** to view parking options highlighted in blue.

SCHOOL BUS PARKING

- If your school is attending with a school bus, please park in the lot at the westernmost part of Rundle Park, located next to the nearby Rundle Park Disc Golf Course. This lot is also marked on the **Venue Map.**

E. TICKETING

- There will be no tickets required for entry for this SSA Provincial Championship.

F. LIVE STREAMING

- There will be no live stream available for this SSA Provincial Championship.

G. MERCHANDISE

- Championship merchandise will be available at the ACT Aquatic & Recreation Centre in the Main Hall at the following times:
- Friday, October 16: 4:00pm - 7:00pm
- Saturday, October 17: 9:00am - 3:30pm

Following the conclusion of the Provincial Championship, merchandise can be bought at the online store.
The link will be posted on the host website.

H. SPORTSMANSHIP

SPORTSMANSHIP TAGS - NOMINATION BY QR CODE SIGNAGE

- These tags should be given to individuals who exhibit outstanding displays of integrity, fair play and good sportsmanship. They may be given to athletes, coaches, parents and spectators. These individuals should be recognized for bringing positive presence to the Championship and demonstrating consistent exemplary sportsmanlike behavior. Recipients of a sportsmanship pin should show exemplary behavior.

    - Name, School, Bib # (if applicable), and description of why they received the award.
    - Athlete/Coaches:
    - Conduct themselves in a positive nature/manner during, before and after the race
    - Be courteous, polite and friendly at all times
    - Show good sportsmanship during the race
    - Show concern, respect or empathy for an opponent-display an outstanding act of sportsmanship, ethics or integrity

    SPECTATOR / PARENTS:

    - Consistently give positive feedback to players/others
    - Welcome opponents
    - Positive comments before, during and after the race
    - Be helpful to others (ie. willingly offer information about the race, scheduling, venue locations, etc. to onlookers)

- The sportsmanship committee or appropriate representative should personally award players their sportsmanship tags, at an appropriate time. When presenting pins to the athletes, identify their name, school, behavior and compliment them on their outstanding and consistent good sportsmanship. If possible, present the tag using the PA system and in front of spectators. This presentation should be at an appropriate break in the action, after the race. Please remember that during the race it is not appropriate because players and coaches are focused on their performance and therefore the tags should be presented in between.

I. PHOTOGRAPHY / SOCIAL MEDIA

- A race photographer will be on site. Photos of winners as well as highlights of the day will be available. Links to pictures will be available on the host website. Photography will be provided by AntVisuals.
- To make sure we can find and celebrate all of your amazing content, please tag us @schoolsportalberta and use our official hashtags: **#SchoolSportAlberta or #ssaprovs**. By using these hashtags, you help us showcase the best of School Sport Alberta and create a collective memory of this day.
- Finally, please remember to be respectful and mindful of others' privacy when you are posting. Let's make this a positive and supportive experience for everyone, both in person and online.

J. MEDICAL / EMERGENCY ACTION PLAN (EAP)

VENUE	Rundle Park
EVENT DIRECTOR	Michelle Ross michelle@metroathletics.ca
EMERGENCY SERVICES POINT PERSON	Dwayne Laing, AT dwayne.laing@partner.epsb.ca

Click here for a detailed Emergency Action Plan (EAP)

- A sweep vehicle will follow all races in case an athlete needs to be transported off the course while not under their own power.
- Walkie Talkies will be used by race organizers and course marshals in case of emergencies.

INCLEMENT WEATHER

- There is indoor space at the ACT Centre and the Family Centre in the park.
- Schools will have team tents onsite.
- Our weather thresholds for the event are as follows:
    - Thunderstorm: 30 - 30 rule: If thunder is heard less than 30 seconds after a lightning strike, take shelter. Wait 30 minutes from the least hearing of thunder before leaving shelter.
    - Temperature: -25* without wind chill.
    - Air quality: An air quality of 8 or higher will suspend the meet until air quality conditions improve.